

Certified Functional Strength Coach by Coach Brendon Rearick

www.CertifiedFSC.com

Warm Up		
Foam roll	x 10 rolls of ea.	
Calves	Hamstrings	
Glutes	T-spine	
Lats	Adductors	
Quads		
Stretch		
Spiderman x 5 deep breaths ea. side		
Lateral Hip Rock x 5 deep breaths ea. side		
Motor Control		
Supported Leg Lower x 10 ea. side		
Single Leg Bridge x 3 x 10 sec holds		
Floor Slides x 10		
Standing Lunge Matrix		
Standing Ankle Mob x 10 ea. side		
Toe Touch to Squat x 5		
Split Squat x 5 ea. side		
Lateral Squat x 5 ea. side		
Rotational Squat x 5 ea. side		
Single Leg Reach x 5 ea. side		
Strength		
	Set 1	Set 2
Push ups to Yoga Block	x 8	x AMGRAP
Body Weight Split Squat	x 8 ea.	x 8 ea.
Front Plank (<60 sec)	sec	sec
Reaching SLDL	x 8 ea.	x 8 ea.
Strap Rows	x 8	x 8
<i>*AMGRAP = As Many GOOD Reps as Possible</i>		
Conditioning		
	Avg. RPMs	Time to Complete
1 Mile Bike Ride		